



March 19, 2010

Iowa Press Conference Quotes

Iowa Head Coach Lisa Bluder

On the play of guard Kachine Alexander...

“Kachine is the heart and soul of this team. She has played hard every second of every game and once she steps on the court she really turns it on. She has so much passion. She is willing to sacrifice for the team which is really admirable and our fans really appreciate her style of play. When we recruited her out of high school she was a defensive player who played with a lot of heart. She has really worked on her offensive game, but it is her rebounding that I think she takes greatest pride in.”

On motivating this young team...

“As a coaching staff we would rather inspire through positive motivation. You need to make it fun. It is a grind and a long season. We always end practice with a fun game, such as whiffle ball or dodge ball. We want the team to leave practice thinking how much fun that was. In this day and age players expect to come in and constantly be motivated.”

On returning the entire roster next season...

“We have a pretty darn young team. We start two freshmen, two sophomores and one junior. It took time for us to grow up. The team was not used to playing such long physical games.”

On having a slow start in Big Ten play...

“We had a lot of injuries starting out. Alexander had a stress fracture and then once she came back it took her a few days to get her legs back under her. Once all of the injuries leveled off, we were able to win a few games, gained confidence and then the winning started to snowball from there.”

On defenses comparable to Rutgers that Iowa has faced this season...

“No one has a comparable press to Rutgers. Penn State and Michigan State are as close to their physical defense that we have seen.”

On the team's 77% free throw shooting...

“Free throw shooting is very important to us. Earlier in the year we weren't shooting as well and we made the team commit more to shooting extra on their own and I think it really paid off and gave them more confidence at the line.”



On having opposing coach C. Vivian Stringer as a former Iowa coach...

"We obviously have so much admiration for Coach Stringer. In our locker room we have a wall of fame with former players and coaches, including life size pictures of Michelle Edwards and Vivian Stringer. I was tempted to cover them up this week but we didn't. It is a great opportunity to play her, but this will not be the first time we have faced her."

On her connection with Rutgers' Coach Stringer...

"Coach Stringer and I have the same connection. We have lived in the same community and her kids grew up in Iowa City and were similar in age to my kids. We have a lot of the same understanding. About twelve years ago my husband was in a serious accident and the first coach to call me was Coach Stringer. We have a lot of the same understanding."

On the squad's three-point shooting...

"It is definitely by design. We have very good three-point shooters. We have great confidence in our three-point shooting and it forces other teams to extend their defense out beyond the arc, which they usually don't want to do."

On what player has improved the most this season this season...

"I had great expectations for Kachine [Alexander] and Kamille [Wahlin]. I guess the biggest surprise has been Jamie Printy. A year ago we didn't even know who she was and now she is making a big impact on this team. Kamille had to change from the off guard to the point guard this year and I think she has shown how great of a point guard she can be."

Junior Guard Kachine Alexander

On the turnaround the team made this season...

"We were 1-6 in January, but we still stayed positive. I think that adversity has helped us to get to where we are. The coaches had to take different approaches to get us going that they usually wouldn't have normally taken. We know though they just because we have made it this far doesn't mean we are done."



On this being her third trip to the NCAA Tournament...

"It is a great tourney. We are going to have fun, but we need to remember that we are here for a purpose. We really do love each other and have a great time being around each other."

On being named one of five players to watch in the Tournament...

"It is really cool to know that I am being named along with all the great players in college basketball. It is really a great honor."

On improving her game...

"At the end of freshman year I worked on my shot for two months. I went back to the basics, literally shooting from a couple feet away from the basket. It was one of the toughest things I have ever done. Coach Bluder told me that a key would be my ability to create my shot. I worked on that last summer. My goal has been to make my weaknesses into strengths."

Freshman Guard Jamie Printy

On getting to play in the NCAA Tournament...

"It is a lot of fun. We are going to enjoy every second, but we are here to play ball and we don't want our season to end now. It is fun being out here, I have never been to California, however we are going to treat it like it is just another game."

Sophomore Guard Kamille Wahlin

On how the team reacts after a loss...

"We want to get back out on the court and redeem ourselves. Our attitude after a loss is that we want to get back out there and play again. We don't really worry about what happened in the past."

On the NCAA Tournament...

"Coming out here will be a great experience for our young team. It will create a hunger for next year. However we do this year we will want to top it next year."